

2000 California Teen Eating, Exercise and Nutrition Survey (CalTEENS)

Table 81a: Cross Tabulation of Consumption of School Breakfast by Healthy Eating Practices

Did you eat a breakfast from the school cafeteria yesterday?

Did you eat any fruits or vegetables, or drink any juice for [meal or snack] yesterday?

How many servings of [each fruit, vegetable, or juice reported] did you eat for [meal or snack]?

What cereal did you eat the most of yesterday?

What percent fat was most of the milk you drank yesterday?

Yesterday, how many servings of milk did you drink, including chocolate milk, fast food milkshakes, milk on cereal, or large coffee drinks such as a mocha or latte?

Yesterday, how many servings of whole-grain breads did you eat? This would include 100% whole wheat, wheatberry, or bran bread and bagels or whole wheat tortillas, but not flour or corn tortillas.

Ate School Breakfast	%	Percent of Adolescents			Percent of Adolescents			
		Servings of Fruits and Vegetables			Servings of Fruit		Servings of Vegetables	
		0-2	3-4	5+	0-1	2+	0-2	3+
Yes	12	31	15	54	19	81	81	19
No	88	27	27	46	27	73	83	17

Ate School Breakfast	%	Percent of Adolescents				
		Servings of Milk		Milk Fat Type (Out of Milk Drinkers)		
		0-2	3+	Non-Fat / 1%	2%	Whole
Yes	12	63	37	34	53	13
No	88	66	34	40	39	21

Ate School Breakfast	%	Percent of Adolescents				
		Servings of Whole Grain Bread			Ate Hi-Fiber Cereal	
		0	1-3	4+	Yes	No
Yes	12	24	60	16	3	97
No	88	26	57	17	17	83

A box around a group of numbers signifies that differences observed within this group are statistically significant.

Chi Square Test